

Course Title:

Introduction to the Myers Briggs Type Indicator (MBTI)

Length:

2.5 – 15 hours

Objectives:

- Administer MBTI
- Understand MBTI concepts
- Learn about individual professional and personal applications
- Review potential organizational applications

Content Summary:

- Administer MBTI during course or prior to course depending on group needs
- Introduce MBTI concepts:
 - Interesting and useful patterns that show the different ways people prefer to process what they experience in life– their decision making styles, approaches to teamwork and relationships with co-workers and friends, and communication styles
- Review of applied concepts depending on length of workshop:
 - Take your leadership skills to the next level
 - Build more successful teams
 - Communicate more effectively
 - Improve coaching and development skills
 - Improve customer service
 - Manage time
 - Reduce stress
 - Transform conflict into cooperation
 - Create balance in your life
- Apply MBTI concepts by working individually and in small groups
- Discuss how concepts can be used in professional life
- Discuss how concepts can be used in personal life
- Experience group activities to highlight application at an organizational level

Follow Up Courses:

- Your Team and the Myers Briggs Type Indicator (MBTI) - Intended for established teams who would like to use MBTI as a tool for enhancing their effectiveness



- Advanced Applications of the Myers Briggs Type Indicator (MBTI) - Intended for participants who have already taken MBTI and are interested in advanced applications of the concepts